

ABSTRACT OF THE INVENTION

A new and unique highly adjustable stationary exercise bicycle is presented incorporating a number of features specifically designed for youthful stationary bicycle users. The improvements over the prior art include infinitely adjustable vertical and horizontal seat heights and handlebar heights which are secured in 15 their positions by a quick release lever rather than the standard pop pins. Also included is a lubrication port that allows the surface between the friction member and the working wheel to be lubricated. An emergency brake for the working wheel as well as a quick way to disengage the working wheel from the pedals is provided. Special pedal cage brackets are placed around each pedal so that the youth's use of 20 such an exercise bicycle is made much more safely. All of the above elements combine to make this stationary exercise bicycle safe for use by children or adolescents.